ABSTRACT

An optical information recording medium of the present invention includes at least m (m is an integer of 2 or more) information layers, and each of the information layers includes a recording layer that changes irreversibly between a state A and a state B that are optically different from each other. In the case where the m information layers are taken as the first through m-th information layers in the order from a laser beam incidence side, when a recording layer included in the j-th information layer (j is an integer satisfying $1 \leq j \leq m - 1$) is taken as the j-th recording layer, and when a transmittance of the j-th information layer at the time when the j-th recording layer is in the state A is TAj (%) and a transmittance of the j-th information layer at the time when the j-th recording layer is in the state B is TBj (%), the following relationship is satisfied in the j-th information layer:

$$0 \leq |TAj - TBj| / (TAj, TBj)max \leq 0.10$$

where (TAj,TBj)max is a larger value of TAj and TBj. Furthermore, at least one recording layer of the first through (m − 1)th recording layers is formed of a material having a complex index of refraction (n − ik, where n is a refractive index and k is an extinction coefficient) that is different from that of the m-th recording layer.

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